



## Old Lyme Connecticut River Scenic Overview

### Trail Highlights

This pedestrian walkway and bikeway begins on Route 156, at the commuter parking lot. The trail connects with a sidewalk that traverses the new Baldwin/I-95 Bridge. This sidewalk and bridge link the towns of Old Lyme and Old Saybrook while offering scenic overviews of the Connecticut River. On the Old Saybrook side of the bridge, the trail proceeds onto Old State Road, and Old State Road joins with Route 154, which is a recommended bicycle route. On the Old Lyme side of the bridge the trail connects with Route 1, which also is a recommended bicycle route. This connection allows bicyclists to cross the Connecticut River via this trail.

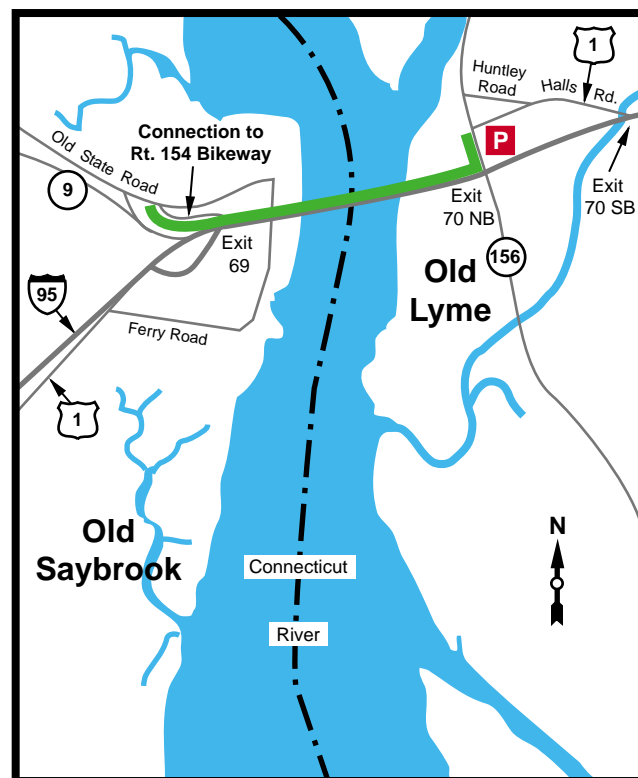
### Parking and Accessibility

Parking is available in the commuter lot on Route 156 across the street from the I-95 South on-ramp. Cross Route 156 at the Halls Road intersection.

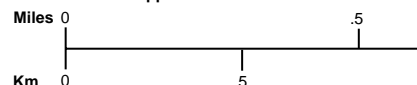
**From I-95 North:** Take exit 70 and bear left at the end of the off-ramp onto Route 156 North. Pass underneath the highway and park in the commuter lot on the right.

**From I-95 South:** Take exit 70 and follow the signs for US Route 1 South at the end of the off-ramp. Follow Route 1 for less than a mile to the intersection with Route 156 and bear left. The commuter lot will be on the left side of the road.

## OLD LYME CONNECTICUT RIVER SCENIC OVERVIEW



Approximate Scale



### Recommended Activities



### Prohibited Activities



**LOCATION:** Old Lyme  
**ENDPOINTS:** Route 156 and Old State Road  
**HOURS:** Dawn to dusk  
**LENGTH:** 1.2 miles  
**SURFACE:** Asphalt and gravel

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